

Woodinville Day Camp Wilderness Progression by Grade

	ENTERING K/1	ENTERING 2 ND	ENTERING 3 RD	ENTERING 4 TH	ENTERING 5 TH	ENTERING 6 TH
Skills covered outside of WS station	<p>Buddy System (in unit; reinforced at WS)</p> <p>Burn prevention and care – (at Fire Building)</p> <p>Lever, wedges, block and tackle (Tools)</p>		<p>Care of bleeding injuries (ie. Cuts, etc.) – (at Tools)</p> <p>LNT appropriate fire building (ie. Resource management)</p>	<p>Square lashing</p> <p>Key chain survival bracelet?</p> <p>(knots)</p>	<p>Tripod lashing (knots)</p>	<p>Tautline (Flag – may not be covered prior to coming to WS)</p> <p>Backpacking stove (boil water) at ODC</p>
@WS – outdoor skills	<p>Basic map reading: purpose of a map, features of a map, find your location on a map.</p> <p>Learn cardinal directions NESW.</p> <p>Orient self and map to North using compass rose.</p> <p>Learn what to take on a hike (basic: water, snack, whistle, layers).</p> <p>How to stay found, and what to do if you're lost.</p> <p>(**Above is from the previous Map&Compass progression.)</p> <p>LNT: what to do with garbage on a hike.</p>	<p>Review NSEW.</p> <p>Learn intercardinal directions.</p> <p>Learn parts of a compass.</p> <p>Learn and demonstrate how to find NESW using a compass.</p> <p>Be able to walk in a straight line using the compass.</p> <p>(**Above is from the previous Map&Compass progression.)</p> <p>LNT: Taking care of "business"</p>	<p>Review compass skills.</p> <p>Use the compass to walk back in the direction you came from.</p> <p>Rule of Thumb, and don't feed the animals.</p> <p>How to respond to bear, cougar...</p> <p>10 Essentials (brought down from 4th grade M&C)</p> <p>LNT: durable surfaces</p>	<p>Identifying local vegetation.</p> <p>Understanding contour lines.</p> <p>Planning a hike with a group.</p> <p>Build a natural shelter (and leave things the way you found it)</p> <p>LNT:</p>	<p>Sending for help – things to consider.</p> <p>Use materials in group kit to build shelter.</p>	<p>Rescue/Survival Scenarios.</p> <p>Assembling and putting up a tent</p>

Pixie – 30 min session: Nature Hike

Take a walk around the pond or meadow.

Talk about the basics of LNT:

What to do with garbage on a hike? Ask: What should you do with garbage on a hike, where there are no garbage cans? (Pack it out with you). Ask: What might you bring with you to keep all the garbage together in your pack? (Small bag) Ask: What should you do with garbage you see while hiking, that was left by someone else? (Pack it out) Ask: is there a type of garbage that you shouldn't pick up? (Sharp things, needles or broken glass, diapers, bandages)

1st Grade – 30 min session (non-hike session) Basic Map Reading, LNT (Leave No Trace), First Aid

Supplies Needed: items kids this age need on a hike plus a few 10 essentials that aren't age appropriate yet, map of area and legend. Walk around Meadow while teaching

Map Basics – [5 minutes]

- Ask: What is a map? (a drawing of an area looking down from above)
- Ask: What is it for? (where am I, where am I going)
- Ask: Where might you find a map?
- Ask: Where are we on this map?

Features on a map – [5 Minutes]

- Point out the legend and have the campers identify features on the map. As a group they should figure out where they are located on the map, and each touch that spot on the map with their finger.
- Point out the compass rose. What does “N” stand for? Have the campers orient the map, and themselves, so they are facing north.

Cardinal Directions – N, S, E, W (Never Eat Soggy Waffles)

With all campers back together in one group, have them point to North (use map with compass rose if necessary)

Ask: Do you know what the other letters stand for?

LNT [10 minutes]

What should you take on a hike? (Have a pile of supplies, some needed, some extras)

- Ask: what would you pack on a day hike up the big hill here at camp? Have them (as a group) pick, Then move unpacked items to the side
- Hold up each item and Ask: what is the important?
- Ask was there anything that got packed that you don't think you would need? Why?
- Ask: Is there something that didn't get packed that you now think you need? Catch any of the 10 essentials that aren't age appropriate and discuss. (big things for this age, that each girl should carry: water, food, whistle, if they can't use a map and compass together, it is not helpful to have)

How to stay found, what to do if you are lost: Ask for suggestions.

- Stay in the same area, as in hug a tree bug not literally, ok to move to shade, etc.
- Blow your whistle Ask: Which is louder, blowing your whistle or yelling? Ask: Which can you do for longer?
- Don't hide – you might be scared, but anyone calling your name (even a stranger) was asked to help to look for you. Your parents/leader won't be mad at you, although they will be worried and upset
- Ask: what do we do to keep from getting lost? (buddy system, use a map and compass)

What to do with garbage on a hike? Ask: What should you do with garbage on a hike, where there are no garbage cans? (Pack it out with you). Ask: What might you bring with you to keep all the garbage together in your pack? (Small bag)

Ask: What should you do with garbage you see while hiking, that was left by someone else? (Pack it out) Ask: is there a type of garbage that you shouldn't pick up? (Sharp things, needles or broken glass, diapers, bandages) Show poster of how long things take decompose.

2nd Grade – 30 minute session (1st round) New Skills: intercardinals; using a compass to find cardinal directions and learning its parts.

Review cardinal directions: Talk about N, S, E, W – “Never Eat Soggy Waffles”

Introduce intercardinals

- We can travel in other directions besides N, S, E, W. Play compass dance using compass rose poster and 8 cones

Learn compass parts

- Stress the importance of proper compass handling! Compass should be held flat with hand through the string. Dropping, throwing and swinging by the string should be avoided. These activities can cause air bubbles to form, which affects the accuracy of the compass. Also, compass will not work properly when held next to any metal objects (ex: belt buckle, watch, etc.)
- Use the poster to point out compass parts: base plate, direction of travel arrow, capsule (can be turned), compass needle (red Fred), the gate (call it a shed)
- Stand up what happens if you hold the compass flat and slowly turn in a circle? (needle moves)

Use the compass to find cardinal directions

To go in a particular direction, Demonstrate finding north:

1. “Tell” the compass where you want to go by turning the capsule until that cardinal direction is lined up with the direction of travel arrow (“N” for example)
2. “Put Red Fred in the shed” by holding the compass flat and turning your whole body.
3. Begin walking, following the direction of travel arrow and keeping Red Fred in the Shed.
4. Two important things in using a compass: 1. Hold the compass flat. 2. Keep the direction of travel arrow lined up with your toes (“the round part goes towards your belly, the black arrow points ahead of you”). Follow the black arrow!

All together find north... Practice walking five steps north. On their own, find and point to East. Practice walking five steps east. If necessary, work through an additional direction

Practice!

- Split into small groups. Use a marker and the N, E, S, W index cards to practice using the compass (put down a silver marker, walk 5 steps in each of the directions written on the card and if done correctly, return to the marker)
- Game idea: place a cone in the middle of the field. Hide objects in the edges of the field directly north, south, west and east of the cone. In groups of 2-3, campers use the compass to go in the direction you give them and return to tell you what they’ve found. Repeat with a different direction.

Review Hiking Prep and Safety

Talk about what to do if you get lost (stay in the same place, blow your whistle, and don’t hide) and what to bring on a hike (your won water, food, and a whistle are the most important items)

2nd Grade – Second Session – Nature hike

Plant identification

Supplies needed: small bags for trash collection, stickers to split into buddies, hand sanitizer, small snack

- Explore trail between flag and meadow or out towards pond

4th Grade – 30 minute hike prep

Supplies – Collection of real ten essentials along with fake items

Hike Prep - Supplies – 10 Essentials to pull out as they suggest them

Say: We are planning a long hike later in the week. Ask: What items do you think you should bring on a hike? (Have 10 essentials in a box where they can't see them) Ask leading questions so they think about footwear, socks, sack lunch (i.e. what should you bring since we will be gone during snack time? What should you wear on your feet? Etc.)

Ask: What is a contour line? (These are imaginary lines that join points of equal elevation, and that they allow you to read the shape of the Earth's surface. Tell campers that by reading contour lines, they can measure the steepness of a hill, the height of a mountain, and even the depth of a lake or ocean. Have campers pinpoint a place where the contour lines are close together. Explain that the close lines mean the elevation is changing rapidly; those are steep places. Then have students pinpoint a place where the contour lines are far apart. Explain that the space indicates the elevation is not changing much; those are flat places)

4th Grade – 2 hour hike

Verify that each camper/adult/PA has a snack, water, etc. Head up hill

Challenge: Have campers point out plants & trees they can identify. Group goal (Western red cedar, Douglas fir, western hemlock, big leaf maple, red alder, salal, huckleberry, nettle, red elderberry, salmonberry, thimbleberry, bleeding heart, sword fern, and licorice fern) Stop along the trail to look at plants, drink water, let everyone have breaks, catch up, etc.

This is not a death march!

Once on top of hill – Eat snack, re-visit contour lines now that they have experienced them!

LNT – Leave what you find: Ask: What does this mean to you? (Leave What You Find – Leave plants, rocks and historical items AS YOU FIND THEM so the next person can enjoy them. Treat living plants with respect. Hacking or peeling plants can kill them. Good campsites are FOUND, NOT MADE. Don't dig trenches or put nails into trees)

6th grade – 30 min – Backpacking supplies (water filtration, stoves)







Backpacking Stoves:

Describe and demonstrate the use of the backpacking stove. (campers will be using backpacking stoves when they cook. May have already had ODC when they get to wilderness.) If campers have already used these in ODC, ask what they thought of them. Why are they useful when backpacking? What are some limitations of the backpacking stove?

Water Filtration: Supplies needed – various water filters

Describe and demonstrate the use of several types of water filters

Water Purification Methods

<p>Hand pump</p> <ul style="list-style-type: none"> • Not the lightest option • Hard work to pump • Fairly small • Can filter into container • Fairly fast • Removes floaties • Does not filter viruses • Place hose in dirty water, use lots of muscle to get water through filter • Cleans using a filter 	 <p>Costs \$65-100 depending on brand.</p>	<p>Water Purification tablets</p> <ul style="list-style-type: none"> • Tastes bad • Takes time to activate • Lightest option • Small • Easy • Doesn't remove floaties • Does not filter viruses • Drop tablet into water & wait 30 min. • Sterilizes w/ chemicals 	 <p>Costs less than \$10</p>
<p>Gravity Filter</p> <ul style="list-style-type: none"> • Fairly light and small • Very Easy • Can filter into container • Removes floaties • Fairly fast • Does not filter viruses • For many people • Fill bag with dirty water, gravity runs it through the filter and out the clean hose. • Cleans using a filter 	 <p>Costs \$80-120 depending on size.</p>	<p>UV filter</p> <ul style="list-style-type: none"> • Filters viruses • Doesn't remove floaties • Small, Lightweight • Easy • Needs batteries • Use in a 16 or 32 oz water bottle. • Doesn't work on murky water. • Sterilizes with UV light 	 <p>Costs about \$100</p>
<p>Lifestraw</p> <ul style="list-style-type: none"> • Small and Lightweight • Can't filter into container • Removes floaties • Fairly fast • Fairly easy • Does not filter viruses • For one person • Can be used in a puddle, a river or you can fill your dirty water bottle and put the straw in it to drink. • Cleans using a filter. 	 <p>Costs about \$15 - \$20</p>	<p>Squeeze filter</p> <ul style="list-style-type: none"> • Small and Lightweight • Removes floaties • Fairly fast • Does not filter viruses • For 1 or 2 people • Fill bag with water then attach filter and drink from the pop top or squeeze into a clean bottle. • Hard to fill bag -need a container that can scoop dirty water into bag. • Cleans using a filter 	 <p>Costs about \$25-30</p>
<p>Boiling Water</p> <ul style="list-style-type: none"> • Sterilize water by boiling it. Safe to drink after rolling bubbles appear. • Kills viruses and bacteria • Cleans using heat • Does not remove floaties 	